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Montgomery County Road Runners Club

Ins & Outs - May 7, 2021

"We Are Running in Montgomery County"



Dear Members -

As of today, the county vaccination rate is right around 55%. County officials expect that we'll hit the 60% rate (for first dose) within a week or close, which will open up the county to Stage 2 of the Phased Reopening. What does this mean for a running club? With Stage 2, we expect to see the gathering limitation increasing to 250 people indoors with no limit outdoors. Additionally, because we all know how important our post-race grub is, indoor dining capacity may move to 75%.

As it applies to race... We understand many non-race directing members are not fully aware of the process of obtaining race permits, so I want to take a minute to explain how these changes factor into the upcoming events on our calendar.

In the past, permitting applications were submitted as far in advance as possible. As we inch closer to "normalcy," and start to move back to this level of advanced planning, it is important to understand that we must tailor our applications to the **current county guidelines** at the **time of application** -- ***not*** the time of the race. For this reason, you may find yourself attending a race with much stricter protocol in place, and gathering limitations well under the current county limitations. This is because at the time we submitted our applications, the county was simply in a different stage than by race day and there may not be sufficient time for us to submit a revision. It could also mean that a certain race site doesn't have a sufficient staging area to max out our participation while still maintaining social distance. Regardless of why, **we are expected to comply with our permits at all times**. So with that, we ask you to pay attention to the race webpages. Pay attention to the runner instructions we're sending before each MCRRC race. Please follow the safety protocol that is specific to each event so we can keep offering them. And please - thank the race directors and volunteers who are working so hard & putting themselves out there for you.

As you know, vaccination is the most effective way to protect yourself and do your part to keep us moving forward. All Maryland residents 16 or older are now eligible to receive a vaccine. It is expected and likely, that within the coming weeks the Pfizer vaccine will receive approval for ages 12 to 15. We encourage all of you to take the opportunity to get vaccinated. For more information about the safe and effective vaccines, please see the

state's [COVID Vaccination FAQ's](#). To read MCRRC's current COVID-19 Policy, please visit [our website](#).

Happy Mother's Day to all our moms out there - you are absolutely crushing it. We hope you have a wonderful weekend and keep moving forward, MCRRC!



Ashley Zuraf
Executive Director

Member Spotlight: RACHAEL GIBSON

Prepared and Lifted Up By Her Running Community

Rachael Gibson's immediate goal is to reduce her mileage and, likely, indulge her favorite activity other than running of reading. This is because Rachael just did a thing: she completed the C&O Canal 100 miler - her first ultra race of that distance. With a busy career as a Director of Diversity, Equity and Inclusion for a public accounting firm and her responsibilities as a wife and mother of a 10- and 12- year old, living in Derwood, training for a 100 miler was no easy feat. But running and the community it provides Rachael are her refuge. Her hard work prepared her for the longest distance of her life, and she credits the support from the amazing people in her running family for lifting her up throughout her training and to the finish line. Below, Rachael shares with us more insight into her ultra journey, not to mention a strange sighting along the way!

What motivates you to run?

My mental health mainly. I'm a mom of two (10 and 12), a wife, and I juggle all that with a busy career. Running has been a mechanism for self care and self love. I am also obsessed with my running community. I love them SO much and being with them on runs has been incredibly fulfilling.

When did you start running?

I started running when I decided to train for a marathon in 2006. So I basically went from couch to marathon all at once.

What do you enjoy most about being a part of MCRRC?

The people - our running community is amazing. This club is made up of some of the smartest, funniest, and most caring people in my life.

What is your favorite MCRRC Training Program?

The Winter trails program is my favorite, with XMP coming in a close second.

Who is your favorite coach, mentor or source of inspiration?

Justin Hersh and Joe Nah were the first two people who told me very directly that ultra races were not beyond my capabilities. I think about them every time I cross the finish line of an ultra race. I owe a lot to the encouragement and guidance they gave me that crazy December Day. Since I started ultra running, Adeline Ntam has become one of my main sources of inspiration.



She's so strong and so incredibly kind and generous. She's also the first Black woman I met who competed in 100 milers.

What is your preferred race distance?

The 50K distance is my favorite distance. It's not too short but also not too long (for ultra standards). I also don't really question whether or not I will finish.

What was your best race experience?

C&O 100 miler that took place on April 24-25 has absolutely topped the list of best race experiences for a few reasons. First, I had a chance to put everything I learned over the past 4 years of ultra racing into one race. There was nothing that occurred during the race that I hadn't encountered at a prior race and so I felt very prepared. I expected to have a few low moments during the race where maybe I would want to quit, but I really didn't have any of those moments. Second, it also solidified in my mind just how amazing my running community is. I received an incredible amount of support in the months leading up to the race and on race day. So many people had my best interest in mind and wanted to see me succeed. No one told me I was crazy for wanting to pursue the goal. Instead they told me I could absolutely do it. And if I wanted to skimp on miles, I had friends who wouldn't allow that to happen.

What was your worst race experience?

My worst experience was Devil Dog 100K back in 2018. It was in December, and it rained almost the entire time. I hate cold weather, and running in cold rain makes things even worse. However, although it's in the books as my worst experience I did have three amazing friends who paced me to the finish line. They were the only highlight of the race.

What's the strangest thing that you've seen in a race?

During Devil Dog 100K I saw the big white creature from the Movie Big Hero 6. Clearly it was a hallucination, but that was definitely the strangest thing I've ever seen in a race.

What is your favorite running gear?

I have so many. I'm a huge fan of Salomon running vests. In the winter, I can't live without my Sugoi mittens. And year round I run in either Lululemon and Athleta running pants/shorts with built in pockets at the side.

How do you reward yourself after a hard workout?

My favorite thing to do after a long run is to take a long shower using body products from Ancient Cosmetics (a black-owned body care products company) then snuggle on my couch with a book. That to me is heaven!

What is your favorite running spot in Montgomery County?

My favorite dirt trail is 10 Mile Creek Trail in Boyds.

What running goal(s) do you have?

My running goal for the next 3-4 months is to actually run less and reduce my mileage. I'm not the type of person who can just stop running all together, but I do plan to max out at 25 miles per week for the next 3-4 months. I've been running a lot over the past year leading up to last week's C&O Canal 100 miler, so the best gift I can give to myself now is to rest and heal so that I can be strong in late Summer when I start training again for Stone Mill 50.

MCRRC Would Like to Spotlight Our Members! All of our members have a story about their running journey and what motivates them to run. We would like to spotlight your story or the story of another great member you know using MCRRC's various communications platforms. Our vision is to celebrate the diverse stories and voices of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).

To submit your story, go to the form [MCRRC Member Spotlight](#).

Upcoming Races

With races back on the horizon, I'd like to use this space for important announcements, registration openings, and schedule/other changes to our upcoming race calendar!

May 13th - Registration opens for the **Stone Mill 50 Mile Run!** For more information, please checkout [our new website!](#) *(please note that race details are not final and are subject to change)*

May 15th - **Germantown 5 Miler** (in-person & virtual options) - For more information or to register, please visit the [race website](#).

May 15th - Registration opens *(tentative)* for the **Parks Half Marathon!** For more information, please see [our new website!](#) *(please note that race details are still being worked out & we'll update the website as plans unfold).*

May 23rd - **Run Aware XC** - For more information or to register, please visit [our website](#).

June 5th - **Little Bennett XC** *** Please note the change in date *** For more information, please visit the [race website](#). *Registration is not yet open as we work on permitting.*

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Safety

We encourage respectful dialogue among and within interconnected communities and partners to ensure all members can safely pursue the joy of running. - [MCRRC Values Statement #8](#)

With a noticeable shift to warmer weather and the hope that we are turning a corner in this pandemic, many of us are finding motivation to run more, target a race, and perhaps train with friends. MCRRC is cautiously opening up by sensibly bringing back races and offering virtual and in-person options for our training programs. As more of us come together to run, the month of May in particular is a good time to highlight MCRRC Values Statement #8 and celebrate our running community. The information and resources below may help contribute toward your understanding of the diverse experiences that our members bring to our runs and, therefore, help promote a respectful environment in which everyone feels safe.

May is Asian American and Pacific Islander Heritage Month

[AAPI Heritage Month](#) provides an intentional calendar reminder about ways we can celebrate the diversity of our running community throughout the year. This month is also a sobering reminder that many of AAPI runners do not feel safe going outside, let alone for a run, due to a rise in anti-Asian hate across the country and the scapegoating of Asian communities for the spread of the coronavirus.

Running While Black

More than one year after Ahmaud Arbery was killed while out running in Atlanta, a grand jury [brought chargers against three men](#) which include malice and felony murder. In light of this step forward in seeking justice for Ahmaud, this [article from the New York Times](#) (May 2020) remains relevant and shares the experiences of Running While Black, as told by the news outlet's readers.

Murdered and Missing Indigenous Women (MMIW) Virtual Run Event

The organization [Native Women Running](#) organized a [virtual run event from May 5 - 8](#) to raise awareness for missing and murdered Indigenous women and girls. The CDC has reported for Native American women, murder is the third leading cause of death. Although registration is

closed for the event, you are still invited to wear red, organize, run, and donate. If you are on Instagram, you can follow activities from the virtual run event @native_women_running

Empowering Everyone to Run: Panel Discussion on DEI

At the Road Runners Club of America (RRCA) Convention last month, a panel discussion was held on diversity, equity, and inclusion. Alison Desir, George Rehmert, Marko Cheseto, and Tony Reed share their experiences and provide insight on how runners and running clubs can support runners of color and promote DEI. You can view the [full panel discussion here](#). (YouTube, 1:16:30)

2021 Move United Education Conference, "Join the Movement: Redefining the Reality of Adaptive vs. Inclusive Sports"

The [2021 Move United Education Conference](#) from May 10 -14 will provide the tools and training to help demystify disability and make inclusion reality. The event is free to all, and aims to enable sport providers with the education, awareness, and skills to serve individuals with disabilities in both recreational and competitive sport opportunities.

As our numbers have grown, we realize that there is much work still to be done within the club. If you are interested in contributing to the club's only member-driven committee, please contact diversity@mcrc.org.

Competitive Racing Team Results

By: Nicolas Crouzier

Lake Artemesia Marathon -- 2021-05-02

Chris Sloane 2:30:51 (Gender rank: 5th of 12, Overall rank: 5th of 12)

Providence Marathon -- 2021-05-02

Shlomo Fishman 2:46:30 (Age group rank: 12th of 74, Gender rank: 23rd of 333, Overall rank: 24th of 578)

Farm Park Challenge 3 hours -- 2021-05-01

Erin Kelman 15.3 miles

Kristen Kelman 15.3 miles

Riley's Rumble - Canal Edition - Half Marathon -- 2021-05-01

Nicolas Crouzier 1:10:34 (Gender rank: 1st of 82, Overall rank: 1st of 143)

Chris Pruitt 1:14:40 (Gender rank: 2nd of 82, Overall rank: 2nd of 143)

Chris Shaw 1:18:35 (Gender rank: 3rd of 82, Overall rank: 3rd of 143)

Ryan Johnson 1:19:26 (Gender rank: 5th of 82, Overall rank: 5th of 143)

Jordan Acton 1:22:08 (Gender rank: 7th of 82, Overall rank: 7th of 143)

Jeff Duyn 1:22:19 (Gender rank: 8th of 82, Overall rank: 8th of 143)

Alex Booth 1:23:16 (Gender rank: 9th of 82, Overall rank: 9th of 143)

Jim Dahlem 1:26:21 (Gender rank: 14th of 82, Overall rank: 14th of 143)

Brian Murphy 1:27:23 (Gender rank: 16th of 82, Overall rank: 16th of 143)

Michelle Miller 1:27:30 (Gender rank: 1st of 61, Overall rank: 17th of 143)

Sean Napier 1:27:47 (Gender rank: 18th of 82, Overall rank: 19th of 143)

Robert Palmer 1:29:59 (Gender rank: 20th of 82, Overall rank: 21st of 143)

Meg Ryan 1:30:40 (Gender rank: 3rd of 61, Overall rank: 24th of 143)

Wiley Hemphill 1:31:54 (Gender rank: 22nd of 82, Overall rank: 25th of 143)

Cindy Conant 1:35:11 (Gender rank: 4th of 61, Overall rank: 29th of 143)

Kristen Galligan 1:37:32 (Gender rank: 6th of 61, Overall rank: 33rd of 143)
Weiqun Zhou 1:41:59 (Gender rank: 35th of 82, Overall rank: 44th of 143)
Mark Adams 1:45:45 (Gender rank: 43rd of 82, Overall rank: 53rd of 143)
Exavier Watson 1:47:56 (Gender rank: 51st of 82, Overall rank: 65th of 143)
Jennifer Sample 2:04:03 (Gender rank: 45th of 61, Overall rank: 110th of 143)

Mercy Health Glass City Marathon -- 2021-04-25

Jeff Elkins 3:08:58.51 (Age group rank: 28th of 97, Gender rank: 160th of 685, Overall rank: 180th of 1131)

Pacers 5K -- 2021-04-25

Alex Booth 17:27 (Age group rank: 6th of 36, Gender rank: 21st of 206, Overall rank: 22nd of 485)

Spring Hops 5K -- 2021-04-25

Robert Palmer 21:27 (Age group rank: 2nd of 13, Gender rank: 8th of 65, Overall rank: 9th of 133)

Gene Park 22:05 (Age group rank: 3rd of 15, Gender rank: 12th of 65, Overall rank: 14th of 133)

PICNIC IN THE PARK!

Looking for the perfect way to dine outdoors while enjoying some of the county's most beautiful landscapes? You may or may not be aware, but MOCO Eats, in partnership with Montgomery Parks, offers Picnic in the Park!

- Pre-order your delivery [HERE](#) for before you go **OR**
- Head to the park, find the designated signs, and scan the QR code to show available restaurants
- Place your order with your favorite restaurant
- Voila! Food delivered right to you in the park!



For more information & to see a list of participating parks, please checkout [Visit Montgomery](#) and [Montgomery Parks](#).

Stay Informed!

Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

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